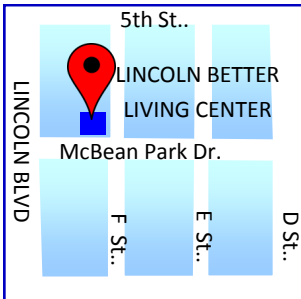


FREE CLUB MEMBERSHIP

- Plant-Strong /Plant-Based Menu
- Prepare and Share Recipes
- Cooking Demonstrations
- Healthy Living WorkShops
- Community Welcome
- All Menus Animal-Product-Free
- Learn Principles on Weight Maintenance



MAP



Plant-Strong Monthly Luncheon

On the 3rd Sunday of each Month ~ 2—4 PM

Each Participant Brings Their Plant-Based Dish to Share

R.S.V.P. by Second Sunday of each Month with Recipe

Register on Facebook at [LincolnBetterLivingCenter](https://www.facebook.com/LincolnBetterLivingCenter)

Or Phone: 916-846-4449 / Email Recipe to: LincolnBlueZone@gmail.com

Lincoln Better Living Center, 600 McBean Park Drive, Lincoln

JOIN THE CLUB



Plant-Strong Monthly Luncheon

Each Participant Brings Their Plant-Based Dish to Share
and

The Plant-Based Recipe to Share

Make New Friends—Share Tips— Learn More About Health

Look Inside for April's Special Treat

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So What's a BlueZone?

There's something big happening around the world. People are living to be 100 years old and beyond. And not only are they living to this age, they're also extremely healthy. For centuries, certain cultures have been living a lifestyle that has been proven to extend their lives.

There are five places on earth which have the highest percentage of people who live to a healthy and happy 100 years. They're called the "Blue Zones" by [National Geographic](#) author Dan Buettner, who has explored their secrets to a thriving longevity in his book, ["The Blue Zones Solution: Eating and Living Like the World's Healthiest People."](#)

"Individuals get lucky, but populations don't," Buettner has stated in interviews with TODAY, CNN and Dr OZ. "There's too many people to chalk it up to collective luck, or even genes," says Buettner. People can learn to live healthier lifestyles when they implement the cornerstone of all these longevity diets."

No matter where people live, these foods provide vitality: beans, garden vegetables, whole grains, fresh fruit and nuts. "They know how to make them taste good and they know how to optimize them for their health," Buettner said.

Imagine the opportunity to examine the best practices of the All-Stars of Longevity and learn and share their secrets. It's an opportunity to make lifestyle changes that can prevent or reverse lifestyle disease, energize

Now you, like Buettner can discover what he believes is the answer to reaching old age and being healthy right up to the end and capture the recipes and health habits of the world's longest living people.

you and transform your future. Living like you're in a BlueZone to a Healthy 100 is not a warranty or guarantee —it's an opportunity to gain or regain health.

It's never too late to start living like the people of the "Blue Zones," Buettner believes. "You can be 90 years old and go plant based and you'll add to your life. It's not as hard as some might believe, once you've tasted it."

Join your local **BlueZone Luncheon Club** today to learn, share & make new friends!



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April's special treat...

Kaya Teh, Dietitian

of Plantfully Well

Hosting BlueZone's

Capture the "Essence of Mexico"

Plant-Based Themed Luncheon and Cooking Demo

Sunday, April 15th 2—4 pm

Bring Your Themed Plant-Based Dish, Recipe and Enjoy!

Lincoln Better Living Center, 600 McBean Park Drive, Lincoln

Call Today to Register for this FREE Class: 916-846-4449



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